



DEPARTMENT OF THE NAVY

NAVAL HOSPITAL

BOX 788250

MARINE CORPS AIR GROUND COMBAT CENTER

TWENTYNINE PALMS, CALIFORNIA 92278-8250

IN REPLY REFER TO:

NAVHOSP29PALMSINSTR 6300.2

Code 0111

17 Mar 99

NAVAL HOSPITAL TWENTYNINE PALMS INSTRUCTION 6300.2

From: Commanding Officer

Subj: REFERRING OUTPATIENT CONSULTS TO MEDICAL NUTRITION THERAPY (MNT)

Ref: (a) HA Policy 97-055

1. Purpose. To ensure MNT is an intrinsic component of clinical practice.

2. Background. This instruction applies to all Ambulatory Clinics. It provides disease state parameters for generating a consult to the Medical Nutrition Division. Patients who meet these parameters should be assessed and followed by a registered dietitian.

3. Policy. MNT is an assessment of patient's nutrition status followed by therapy ranging from diet modification and counseling to administration of specialized nutrition products. In the direct care system, MNT is available when referred to a registered dietitian.

4. Procedure. Per reference (a), the following procedures address several medical conditions where MNT intervention is recommended. These guidelines provide clinical practice protocols for referring patients to the Medical Nutrition Division if a patient meets the following disease state parameters:

a. Diabetes

(1) Positive diagnosis of gestational diabetes (>27 weeks_estimated gestational age) based on the standard criteria following a 1 or 3-hour glucose tolerance test as appropriate.

(2) Non-insulin-dependent diabetes mellitus (NIDDM) with serum glucose consistently greater than 126 mg/dl and, or 10 pound weight gain or loss over the past month.

(3) Insulin-dependent diabetes mellitus (IDDM) who have not had prior diet instruction or lack understanding of diet therapy.

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b. Hypertension

(1) Primary diagnosis of hypertension.

(2) Blood pressure: Systolic >140 mm Hg Diastolic >90 mm Hg

c. Hyperlipidemia. Meets one or more of the following criteria: Cholesterol >200 mg/dl, High Density Lipoproteins (HDL) <35 mg/dl, Low Density Lipoproteins (LDL) >160 mg/dl and or Triglyceride >160 mg/dl.

d. Renal Disease. Diagnosed with end stage renal disease (ESRD) pre-dialysis.

*NOTE: Patients on dialysis are followed by a dietitian at the dialysis center.

e. Gastrointestinal Disorder. Newly diagnosed with a chronic gastrointestinal disorder or recent gastrointestinal surgery that interferes with the absorption of nutrients, vitamins, and minerals.

f. Cancer

(1) Obvious signs of malnutrition (e.g., severe loss of subcutaneous tissue, possible edema). Taking in only liquids or nutritional supplements.

(2) >10% weight loss within the past 6 months.

(3) Anticipating chemotherapy or radiation.

g. High Risk Pregnancy

(1) Positive diagnosis of gestational or overt diabetes based on standard criteria following 3-hour glucose tolerance test.

(2) Positive diagnosis hyperemesis gravidarum.

(3) Pre-pregnancy weight >135% desirable body weight or Body Mass Index (BMI) >29.0. Pre-pregnancy weight <90% desirable body weight or BMI <19.8.

(4) Greater than 5 pound weight loss first trimester.
Loss of 3 pounds or more in the second and third trimesters.

(5) Mother is adolescent at time of conception or less
than 3 years since onset of menses.

(6) Eating disorder (current or history of anorexia
nervosa, bulimia compulsive eating) by mental health specialist
only.

(7) Vegan (excludes all animal products from diet)
vegetarian.

(8) Hemoglobin <11.0 g/dl during 1st or 3rd trimester,
<10.5 g/dl during 2nd trimester (nonsmoker).

(9) Hematocrit <33 vol % during 1st or 3rd trimester, <32
vol % during 2nd trimester (nonsmoker).

(10) Mean corpuscular volume (MCV) <83 cu mi or >95 cu mi.

h. Pediatric/Adolescent

(1) Clinical diagnosis of failure to thrive.

(2) Clinical diagnosis of malnutrition secondary to a
metabolic/organic disorder.

(3) Patient on enteral or parenteral feeds.

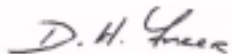
(4) Patient who adheres to unusual dietary behaviors or
practices.

(5) Patient need for daily caloric study.

(6) Clinical diagnosis of obesity defined as >95% on
National Center for Health Statistics (NCHC) Charts.

(7) Strict vegetarian (excludes all animal products from
daily diet).

i. Nutrition Support. Any patient on any form of parenteral
or enteral nutrition support.



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Distribution:
List A